

Turbosonic®

VIBRATION THERAPY TRAINER™

Proven, efficient, and
thorough vibration therapy
training for busy people
who value optimal health
and well-being

USER'S MANUAL

Deluxe Model TT 2590 D



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Thank you for purchasing your TurboSonic Vibration Therapy Trainer and welcome to a growing community of TurboSonic enthusiasts. Welcome also to a new dimension in health and long-term well-being, never before attainable. Your TurboSonic Vibration Therapy Trainer is the most technologically-advanced, whole body vibration device available in the world today.

Its ability to generate precise low frequency vibrations at varying intensities can enhance the health and well-being of you, your family and your friends for many years to come.

Here at Sonic Health Systems, we dedicate ourselves to providing the latest innovative, non-toxic, non-invasive, life-restoring health solutions available.

Please take the time to read this Users Guide thoroughly in order to become familiar with the set up, operation, and maintenance of your new TurboSonic Vibration Therapy Trainer.

Contact us if you have any questions or concerns. We'd love to hear any stories you'd like to share about how your TurboSonic Trainer may have enhanced your health and the quality of your life.

To your radiant Health, Happiness and long-term Well-Being,



Jim Cole, ND

CEO

SONIC HEALTH SYSTEMS, INC.

Deluxe Model TT 2590 D

Frequency Range: 6 ~ 25 Hz, 25 ~ 45 Hz

Capacity Max: 396 lbs (180 kg)

Power Source: 110 ~ 120V 60 Hz AC

Power Consumption: 300 Watts

Voice Coil System: 1 x 260 mm

Size: 25.3" x 31.8" x 54.9"
(642 mm x 807 mm x 1394 mm)

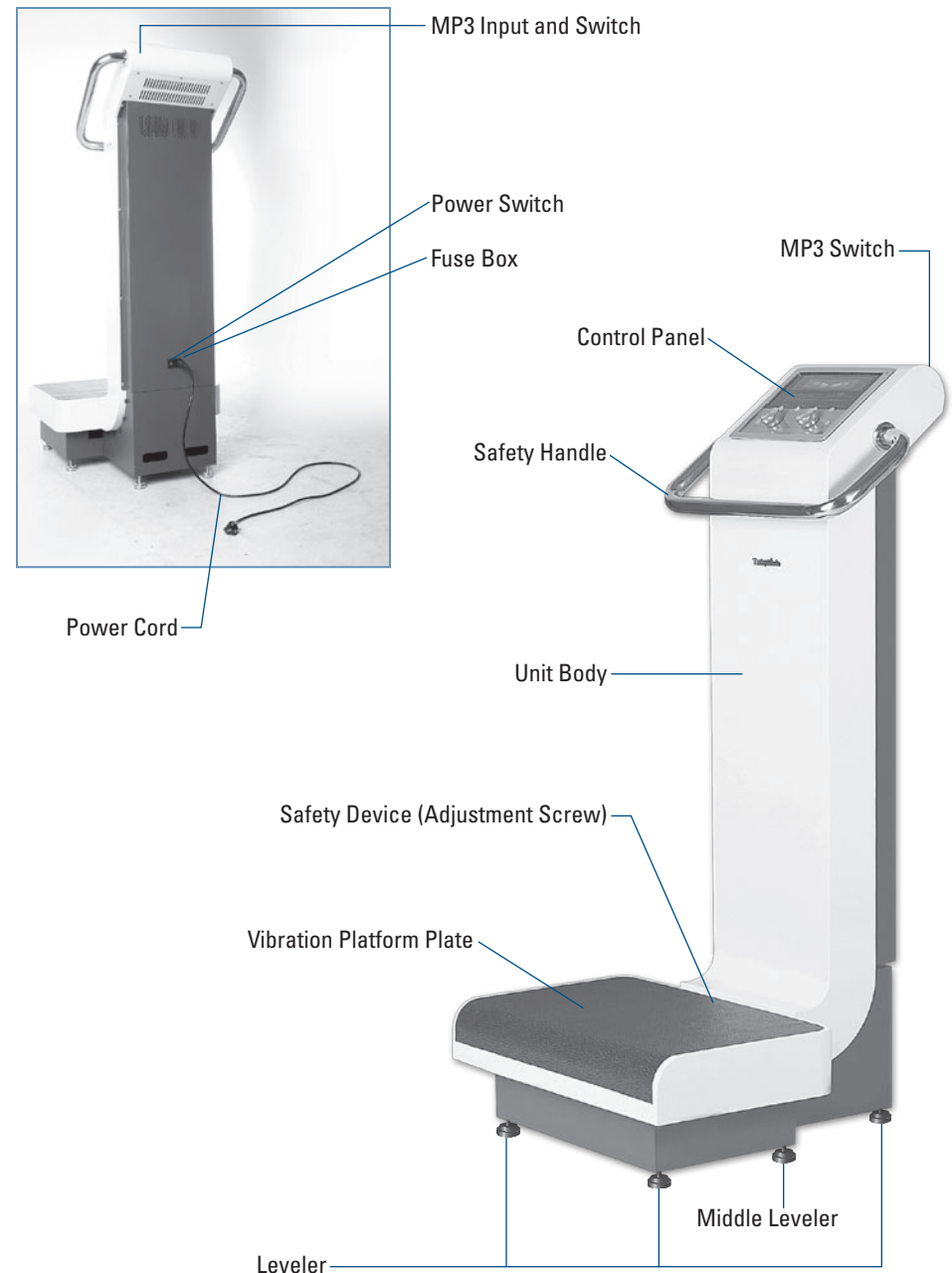
Auido Output: 4Ω @ 1200W

Plate Size: 18" x 25.5"
(457 mm x 649 mm)

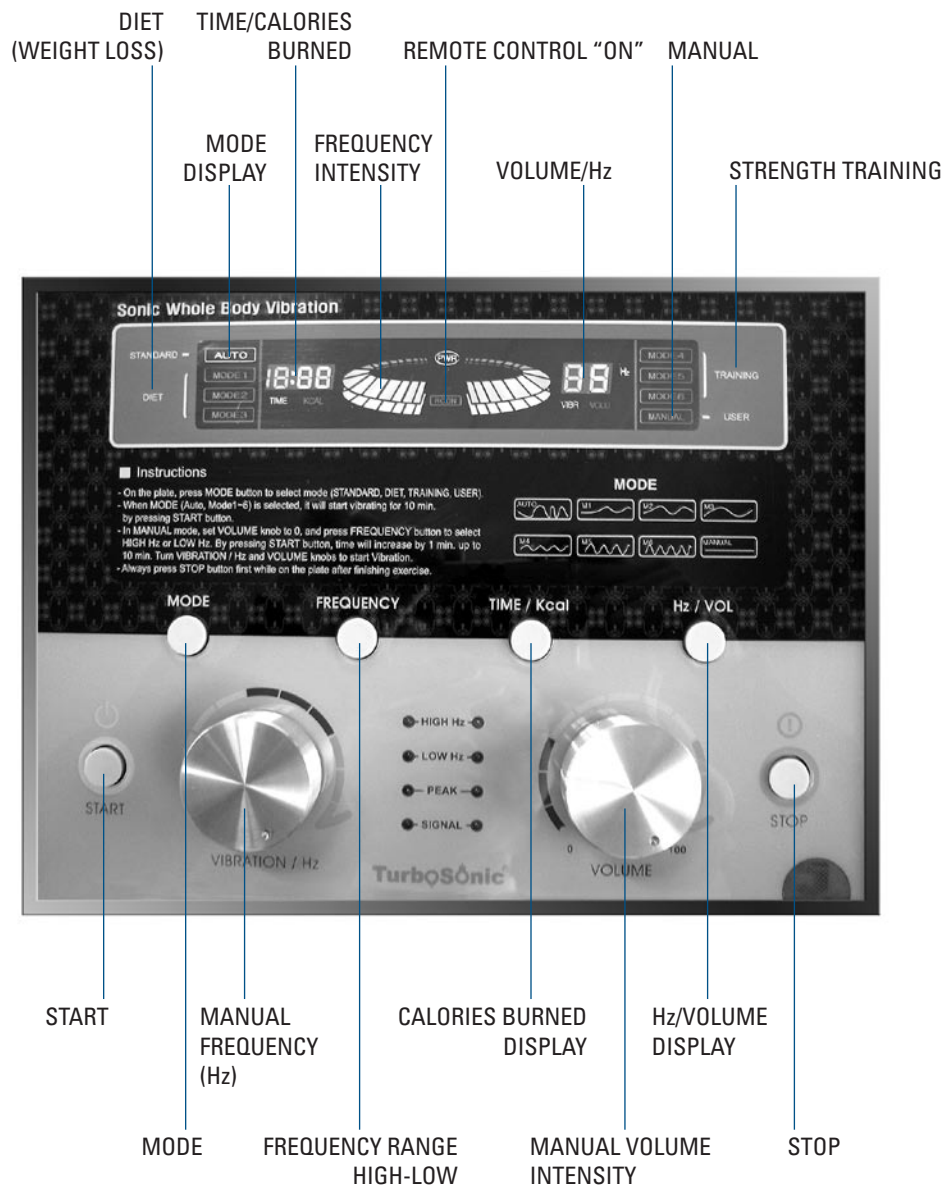
Weight: **Body** 77 lbs (35 kg)
Base 200 lbs (91 kg)

Finish: Metallic powder coat

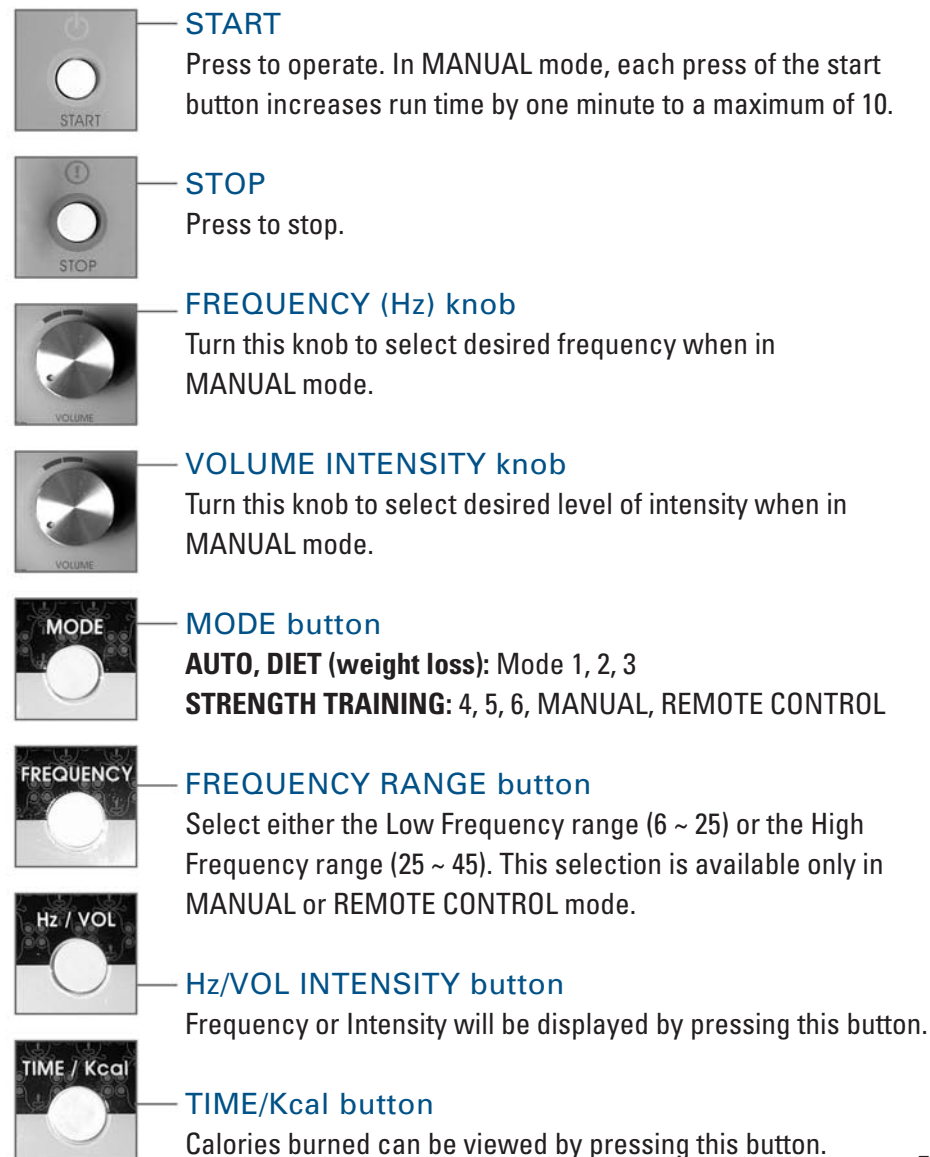
Color: White Ivory



Control Panel



Control Panel



Display



AUTO

AUTO Mode is the best all-around program for attaining the benefits of TurboSonic Vibration Therapy.



DIET (Weight Loss)

Mode 1 - Low, **Mode 2** - Medium, **Mode 3** - Strong
To mobilize and metabolize body fat.



STRENGTH TRAINING

Mode 4 - Low; **Mode 5** - Medium; **Mode 6** - Strong
For toning and strengthening the muscles.



MANUAL

Manual mode enables the user to select the Frequency (Hz), Intensity and Timing to suit the user's purpose.



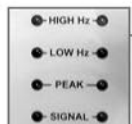
FREQUENCY/INTENSITY display

Frequency or Intensity will be displayed by pressing the Frequency/Intensity button on the Control Panel or the Hz/VOL button on the Remote Control.



TIME/KCAL display

TIME/Calories Burned will be displayed by pressing the TIME/Kcal button located on the operation panel or the VOL button on the Remote Control after the machine has stopped.



OPERATION display

Flashing lights indicate active operation, frequency range (High-Low), and peak intensities.



REMOTE CONTROL MODE display

Frequency (Hz) or Volume Intensity can also be selected by using the Remote Control.



START

By pressing this button, the unit will operate in the selected mode. In MANUAL mode, each press of the button will add 1 minute, up to the maximum of 10 minutes.

STOP

Stops the unit.

MODE

DIET (weight loss): Mode 1 - Low, **Mode 2** - Medium, **Mode 3** - Strong.

STRENGTH TRAINING: Mode 4 - Low, **Mode 5** - Medium, **Mode 6** - Strong.

REMOTE CONTROL: Manual 6 ~ 25 Hz, 25 - 45 Hz. Select either the Low Frequency range (6 ~ 25 Hz) or the High (25 - 45 Hz).

Hz/VOL

Frequency or Intensity will be displayed by pressing this button.

TIME/Kcal

Calories burned will be shown on the display after the machine has stopped by pressing this button.

FREQUENCY (Hz)

Customized frequencies (Hz) can be selected in the MANUAL Mode. The Low frequency range provides access from 6 Hz ~ 25 Hz. The High frequency range provides access from 25 Hz - 45 Hz.

Vibration/Hertz (Hz)

Cycles per second as a measurement of frequency.

Sonic

Having to do with sound waves.

Sonic Vibration Therapy

The use of programmed vertical motion to restore and maintain optimal health and well-being.

TurboSonic Vibration Therapy Trainer

A device developed to deliver the benefits of sonic vibration therapy.

Volume/Amplitude

{ Definition to be determined }

To ensure proper operation and years of trouble-free use, it is recommended that your TurboSonic be connected to a dedicated 110v 60Hz 15 Amp electrical circuit. **DO NOT USE ELECTRICAL EXTENSION CORDS.**

It is also recommended, due to the sensitivity and sophistication of the electrical components used in the manufacturing of your TurboSonic, that a voltage line conditioner be installed between the wall electrical outlet and the TurboSonic.

In selecting a location for your machine, it's important to remember that this is a very powerful vibration device. Its support must be as firm and unyielding as possible in order to provide maximum upward thrust to the plate.

The best support is a solid concrete pad, such as found in houses built without basements or crawl spaces. A garage usually provides a satisfactory, level, solid support, provided that it is dry and dust-free.

Wooden floors in wood frame structures are subject to resonant vibration which can create unacceptable levels of vibration in both the machine and in the structure of the building. Over time, these could weaken the structure and shorten the life of the machine.

Places to Avoid

Avoid placing the machine anywhere that could become wet, damp, or subject to moisture, such as...

- Balcony or veranda
- Screened porch, porch, or deck
- Carport
- Shed
- Basement

Places to Look For

- Dry, dust-free
- Hardwood, tile or carpet over solid concrete foundation
- Nearby standard, grounded, three-prong electrical outlet

HOW TO ASSEMBLE

Included

- 1 Users Manual
- 1 L-Wrench
- 8 Hexagonal Bolts
- 1 Remote Control
- 2 AA Batteries for Remote Control
- 1 MP3 cable



1. Place the body on top of the plate, then connect the internal connectors (2 types).

**Be careful not to pinch or bind the internal wire harness.*



2. Attach the body to the plate.
3. Insert 4 bolts on each side.
4. Use L-wrench to tighten bolts.



5. Level base using 4 adjustable levelers, then lower two middle levelers to stabilize base.



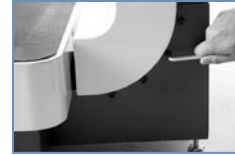
6. Turn on power switch next to power cord.



7. Stand on platform and press the START button located on the Control Panel to confirm that the unit operates properly.

HOW TO DISASSEMBLE **TurboSonic®**

Disassembly



1. Unplug the power cord from the electrical outlet.
2. Use L-wrench to unscrew bolts.



3. Lift the body from the base plate and temporarily rest the body on the base plate to disconnect the internal connectors.



4. Disconnect the internal connectors (2 types) connecting the body and the plate.



5. Remove the body from the base plate.

Disclaimer

Sonic Health Systems, Inc.

Disclaimer of Warranties and Limitation of Liability

This User's Manual is provided by Sonic Health Systems, Inc., on an "as is" basis. Sonic Health Systems makes no representations or warranties of any kind, express or implied, as to the information, or content included in this Manual.

The User's Manual and its content is provided for general information only and should not be relied upon or used as the basis for making significant decisions without consulting primary or more accurate, more complete or more qualified sources of information. Any reliance upon the Manual and its content shall be at your own risk. Neither we, nor any third party involved in creating, or producing the Manual, is responsible if its content is not accurate, complete or current. Neither we, nor any third party involved in creating or producing the Manual has any responsibility for any consequence relating directly or indirectly to any action or inaction that you take based on the Manual and its content.

Subject to Change

All terms herein are subject to change without prior notice.

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Warning

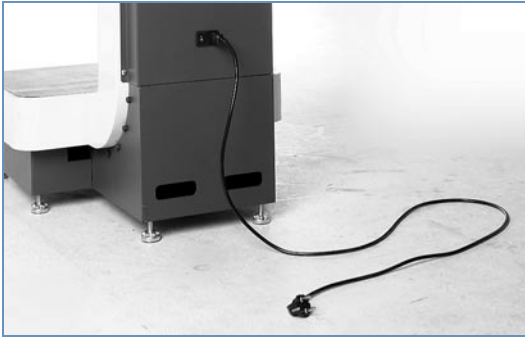


Warning

Consult a physician before using this equipment for the first time. Stop the machine immediately if you experience chest pain, faintness, difficulty breathing, or severe discomfort.

If any of the conditions listed below apply to you, consult your physician or competent healthcare practitioner who is familiar with whole body vibration therapy before using the TurboSonic Vibration Therapy Trainer.

- Serious cardiovascular condition
- Pacemaker or other electrical implant
- Pregnancy
- Recent surgery
- Acute thrombosis
- Hip, knee or other joint replacements
- Epilepsy
- Severe diabetes
- Acute hernia or discopathy
- Severe migraine
- Tumor
- Recently placed IUD, metal pins or plates



1. Plug the power cord at the rear of the unit into a grounded (3-prong) outlet.



2. Switch the main power button on the back of the unit to the ON position. This will illuminate the Control Panel.



3. Step on the plate and position the feet shoulder-width apart.

4. There are four modes of operation for this unit: AUTO, DIET (weight loss), STRENGTH TRAINING, and MANUAL. Except for AUTO, each mode has three levels: Low, Medium and High.
5. The basic default mode is AUTO, which provides a complete Qi Gong workout.
6. Select desired mode by pressing the Mode Selection Button located on the Control Panel.
7. AUTO, DIET (weight loss) and STRENGTH TRAINING modes will operate automatically for 10 minutes by pressing the START button.
8. Select the MANUAL mode by pressing the Mode Selection Button seven times, bypassing AUTO, DIET, and STRENGTH TRAINING modes.
9. Set FREQUENCY and INTENSITY/VOLUME knobs to zero before pushing the START button.
10. Press the START button and slowly adjust the FREQUENCY and INTENSITY/VOLUME knobs to the desired levels.
11. MANUAL mode is preset for 1 minute, with additional one-minute increments available with each press of the START button to a maximum of 10 minutes.
12. The unit will STOP itself automatically at the end of the session.
13. In MANUAL mode, reset the FREQUENCY and INTENSITY/VOLUME knobs to zero after completing the session.

Using The TurboSonic For The First Time

Safety Check-off List

- ✓ **Check the list of contraindications** to make certain it is safe for you to use this device.
- ✓ **Consult your physician first** to confirm its suitability for your body's present condition.

The first time you step on the platform plate and press the **START button**, you'll be in **AUTO mode** – the default setting – which will automatically give you a complete qi gong workout for 10 minutes and then stop by itself.

Your body will be experiencing the sensation of a minus gravity, weightlessness, and a plus gravity, 3-50 times per second. Of you feel the slightest bit of discomfort, press the stop button. Depending on your sensitivity levels and body weight (mass), it may take several sessions to work up to a full 10 minute session. This may include using your TurboSonic every other day or for shorter session times until a comfort level is reached.

Increase time on device gradually, session after session, up to ten minutes per session.

Resist the temptation to move to more intense modes. The **AUTO mode** gives a complete qi gong workout that provides optimal fitness and well-being for most people.

If the **AUTO mode** feels too intense or uncomfortable, we recommend that you switch to the **MANUAL mode** and select 30 Hz as the desired frequency. This gentle frequency is best for those who are sensitive to vibration therapy. Adjust the **VOLUME** control knob to a comfortable level.

MANUAL Mode enables the user to determine the precise frequency (Hz), intensity and timing that best suits the user's purpose.

30 Hz is the preferred frequency for those who are sensitive to vibration, such as those with fibromyalgia, or those whose bodies are simply very sensitive. The body will be found to adapt to vibration therapy quickly and the sensitivity and discomfort will usually decrease.

The elderly can feel comfortable at **30 Hz** and enjoy most of the benefits of a good, stimulating workout in the gym without placing undue stress on the body and without expending a great deal of energy.

Those with injuries or debilitating joint problems can use 30 Hz to accustom the body to vibration therapy before moving on to the more active modes as the body heals itself.

Remember – tempting as it might be – going beyond ten minutes a day is not regarded as desirable or beneficial and may prove to be counterproductive.

By following these recommendations you will obtain maximum benefit from using the TurboSonic Vibration Therapy Trainer.

TurboSonic®

VIBRATION THERAPY TRAINER™

Research and Sports Institutions Using TurboSonic Vibration Therapy

- Oregon State University Physical Therapy Research Center
- SKY Sports Medical Research Center, Korea
- Seoul Olympic Sports Promotion Foundation
- Korea Football Association
- International University of Professional Studies, Maui
- Korean Academy of Medical Qi Gong
- Qi Oriental Medical Doctors Association
- Hippocrates Health Institute, West Palm Beach
- Korean Wellness Association
- Employment Agency for the Disabled Medical Assistive Technology Center of Korea
- First Degree Association for Competition Sports of Korea
- Korea National Sports University
- Kyung Hee Medical Center Hospital of Korea
- Korea Sports Science Research Center
- Gangnam Kyung Hospital, Korea
- Korea Institute of Advanced Engineering Research Center
- Mars Venus Wellness Spa, Fort Bragg, CA

FDA APPROVED

TurboSonic®

FDA Approved

The TurboSonic Vibration Therapy Trainer is registered with the U.S. Food and Drug Administration as an Approved Medical Exerciser and Vibration Therapy Device, registration number 890.5380.

Patented Innovations

Patented Sonic high performance amplifiers and powerful vertical drivers, combined with innovative electromagnetic circuitry, permit the use of lower, more effective frequencies in varying degrees of intensity to heal and condition the human body. U.S. Patent File # MR2685-193.



US FDA certification
Food & Drug
Administration



NRTL certification
Nationally Recognized
Testing Laboratory



KFDA certification
Korea Food & Drug
Administration



KETI certification
Korea Electronics
Technology Institute

TurboSonic Vibration Therapy provides the first safe, effective way to excite human cells. This new technology accelerates the body's natural healing response, increases cellular oxygen uptake, enhances cellular nutrient uptake, stimulates cellular fluid movement and facilitates cellular waste removal.

As a result, the new cells are more resilient, more vibrant, and function together more cohesively as a healthier, longer lasting body.

The 75 ~ 100 trillion cells in the human body are created, then wear out and are replaced in a life cycle that varies from two weeks to seven years, in accordance with the built-in DNA cell replication blueprint. Vigorous exercise can only affect a small percentage of these cells.

Degenerative disease conditions, accelerated aging, and all diminished capacities ultimately can be attributed to insufficient cellular stimulation. As the living cell struggles with poor nutrition, low oxygen levels, environmental toxins and stagnation of lymphatic fluids, disease conditions develop which suppress health and shorten the life span. TurboSonic Vibration Therapy has been shown to help reverse this process.

Whole Body Vibration was first developed in the Soviet Union to condition Soviet cosmonauts to withstand the effects of weightlessness in outer space for months at a time.

- The Soviets conducted rigorous scientific studies spanning several decades that confirmed the remarkable restorative powers and safety of whole body vibration therapy
- Russian cosmonauts have lived in space for more than a year (420 days) without suffering the serious health effects of weightlessness. American astronauts who did not use whole body vibration conditioning were able to live in space for only 120 days due to muscle weakness and lowered bone density
- Researchers in Germany developed the first commercial whole body vibrational device, driven by electrical motors based on simple mechanical principles
- Scientists in South Korea have developed a more sophisticated, patented technology that eliminates many of the limitations of earlier vibrational devices
- The remarkable increase in effectiveness of this new TurboSonic approach has been proven in numerous scientific studies

More Strength and Vitality

- Provides enhanced power training to principal muscle groups in less time stimulating the toning and tightening of lean muscle tissue
- Improves mobility and flexibility of joints
- Exercises the whole body without undue stress to joints, ligaments, or tendons
- Improves physical strength, dexterity, and endurance
- Stimulates production of human growth hormone which can slow the aging process

Healthier Body

- Helps to improve and prevent many joint conditions
- Helps to reverse osteoporosis by increasing bone density
- Relieves tension and chronic pain in ankles, knees, calves, lower back, and neck
- Effective in treating many geriatric conditions and relieves menopausal symptoms
- Speeds recovery from surgery and trauma

Greater Beauty

- Reduces body fat
- Helps in the reduction of cellulite
- Improves skin tone and tightens facial muscles
- Provides benefits of both anaerobic and aerobic exercise
- Enhances one's sense of well-being

TurboSonic Vibration Therapy Stimulates the Body's Own Natural Healing Response

- Prevents loss of muscle strength, which commonly results from surgery due to lack of exercise during the recovery period
- By exercising the whole body, this system improves lymph and blood circulation to promote more rapid and complete recovery
- TurboSonic Vibration Therapy is widely used by many professional athletic teams to maintain higher levels of fitness (despite injuries,) as well as to hasten recovery from injuries
- Human growth hormone released by TurboSonic vibration stimulates regeneration of the skin, tones the muscles, revitalizes organ functions, and accelerates the healing process

Vibration Therapy is used in the medical field for the treatment and prevention of a variety of illnesses, injuries, and adverse health conditions.

Emphysema

Ordinarily, patients with emphysema find it nearly impossible to undertake any kind of physical exercise. TurboSonic Vibration Therapy enables patients to achieve most of the benefits of a regular workout and helps them to do cardio-fitness training such as walking or even running.

MS/ALS

Patients with Multiple Sclerosis and Amyotrophic Lateral Sclerosis are no longer able to exercise because the nerves are no longer capable of controlling the muscles properly. TurboSonic Vibration Therapy activates the muscles directly without relying on the nervous system. Patients tend to feel better, have more energy to cope with everyday activities, experience less pain and are less dependent on others.

Osteoporosis

Millions of Americans, especially women, are at risk of developing this condition, which results from the decalcification of the bones due to hormonal and pH imbalances. The bones become fragile with a tendency to break easily. TurboSonic Vibration Therapy simulates the forces of gravity which helps the body to naturally increase bone density, reversing the condition.

Arthritis and Rheumatism

TurboSonic Vibration Therapy can reduce the pain and discomfort of these conditions. It has been proven to increase blood, lymphatic and synovial fluids in the joints and dramatically improve flexibility and range of motion.

Lower Back Pain

TurboSonic Vibration Therapy can strengthen the weakened lower back muscles that often cause lower back pain.

Uterine Prolapse/Bladder Incontinence

This condition usually results from softening of the connective tissue after pregnancies or as a result of aging. TurboSonic Vibration Therapy quickly restores muscle tone enabling connective tissue to recover its strength and firmness.

Excess Body Fat

TurboSonic Vibration Therapy works several ways to help eliminate excess body fat: it increases metabolism, which burns calories more rapidly and it increases blood circulation and lymphatic drainage thereby removing toxins faster. Human growth hormone secretion increases dramatically (460%). Excess body fat melts away effortlessly. People who use TurboSonic Vibration Therapy for ten minutes three times a week lose significantly more fat than those who engage in aerobic activity for one hour three times a week!

Cellulite

Those lumpy, fatty deposits that form an unattractive dimpling effect around the thighs and other parts that result from inadequate circulation. Regular use of TurboSonic Vibration Therapy helps to facilitate the reduction of these fatty deposits.

Stress

Modern life is stressful, causing the release of toxic stress hormones which throw the immune system out of balance and destroy millions of cells due to their catabolic nature. TurboSonic Vibration Therapy increases human growth hormone, dopamine and serotonin secretion, lowers cortisol and epinephrine secretion, and enhances circulation, all of which counteract the effects of stress on the body and spirit.

Edema

Swollen extremities and fluid retention is often caused by stagnated lymphatic and extracellular fluids, poor circulation, lack of adequate oxygen to the area, and the long term accumulation of toxins. Regular use of TurboSonic Vibration Therapy stimulates the cellular response and fluid circulation helping to eliminate this condition.

Diabetes




This condition is created over time due to stagnated fluids, lack of adequate cellular oxygen, and an excessive amount of glucose. The cell, in its self-protective adaptive state, shuts down and refuses to process due to the imbalance. Regular use of TurboSonic Vibration Therapy forces cellular oxygen uptake, stimulates fluid circulation, and over time helps to reverse this condition, and return the body to a balanced state.

ElectroMyoGraphy Research

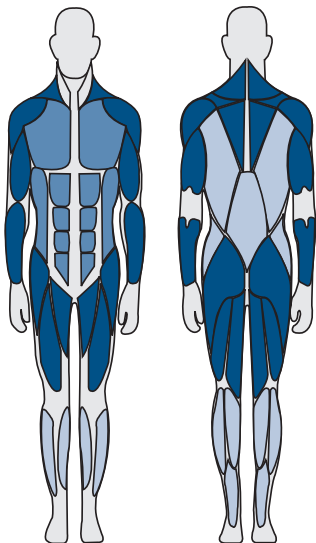
This information is based on tests conducted with subjects standing in a normal upright posture. Results may vary depending on the posture of the person using the machine.

The TurboSonic Trainer stimulates muscle groups with precise vertical up-and-down vibrational frequencies ranging from 6 to 45 Hz. Using EMG research technology, optimal levels of muscle activity at each frequency have been defined. By programming varying lengths of exposure to lower frequencies, specific muscle groups can be vigorously exercised in a remarkably brief period of time to increase strength, endurance, and vital energy. Other effects include accelerated body fat reduction and enhanced recovery and rehabilitation from stressful sports or surgery.

Level of Muscle Stimulation

	80 ~ 100% STRONG
	50 ~ 80% MEDIUM
	20 ~ 50% MILD

6 ~ 7 Hz



EFFECTS

At 6 ~ 7 Hz, muscle contraction occurs mainly in the shoulder and back (trapezius muscle, deltoid muscle), buttocks (gluteus maximus), and thighs (quadriceps).

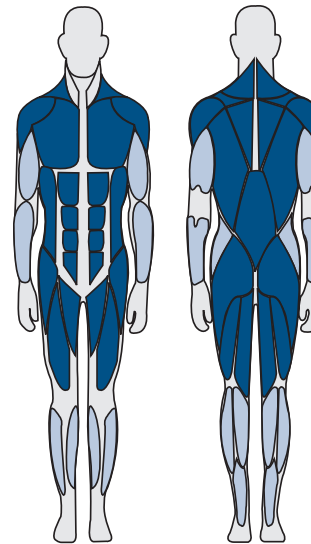
MUSCLE STRENGTH EFFECTS

This frequency produces a muscle training effect similar to that of weight training; in particular, Shoulder Press, Lat Pull Down, Pull Up, Back Extension, Leg Curl, Deadlift, Squat, Leg Extension, and Leg Press.

REHABILITATION & IMPROVEMENT OF PHYSICAL STRENGTH

- Produces massage-like muscle-stretching effects in arm, chest, and upper leg areas
- Improves muscle strength, removes muscle fatigue byproducts, and facilitates quick recovery after exercise
- Promotes faster recovery after playing sports that require vigorous upper body movements such as golf, baseball, tennis, basketball, volleyball, and running
- Relieves pain in shoulder, lower back, and upper body
- Reduces abdominal obesity

8 ~ 11 Hz



EFFECTS

At 8 ~ 11 Hz, muscle contraction occurs evenly in all the muscles, especially in the abdominal region (rectus abdominis and obliques), shoulder and back region (trapezius and deltoid muscle), lower back region (erector spinal muscle), buttocks (gluteus maximus), and thighs (quadriceps).

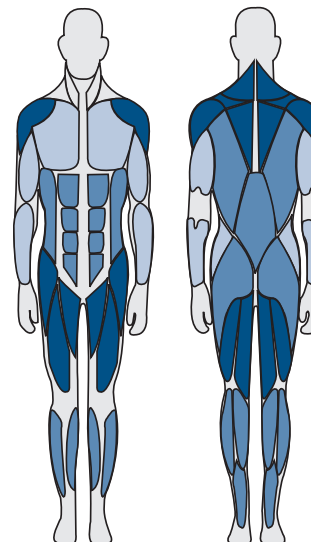
MUSCLE STRENGTH EFFECTS

This frequency produces a muscle training effect similar to that of weight training; in particular, Crunch, Sit Up, Knee Up, Shoulder Press, Lat Pull Down, Pull Up, Back Extension, Leg Curl, Deadlift, Squat, Leg Extension, and Leg Press.

REHABILITATION & IMPROVEMENT OF PHYSICAL STRENGTH

- Produces massage-like muscle-stretching effects in arm, chest, and upper leg areas
- Improves muscle strength, removes muscle fatigue byproducts, and facilitates quick recovery after exercise
- Promotes faster recovery after playing heavy sports such as soccer, rugby, football, and marathons
- Relieves muscle pain in stiff shoulders, lower & upper body
- Reduces abdominal fat, improves digestion, and resolves complications such as constipation

12 ~ 16 Hz



EFFECTS

At 12 ~ 16 Hz, muscle contraction occurs mainly in the abdominal region (rectus abdominis and obliques), shoulder and back region (trapezius and deltoid muscle), buttock (gluteus maximus), and thigh region (quadriceps).

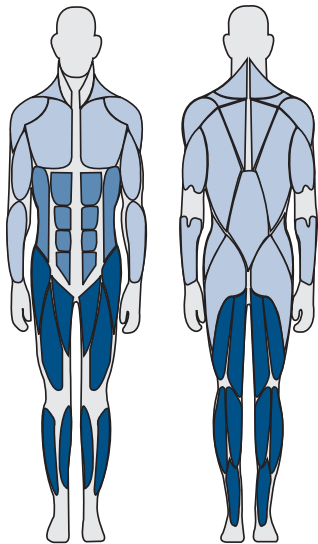
MUSCLE STRENGTH EFFECTS

This frequency produces a muscle training effect similar to that of weight training; in particular, Crunch, Sit Up, Knee Up, Shoulder Press, Lat Pull Down, Pull Up, Squat, Leg Extension, and Leg Press.

REHABILITATION & IMPROVEMENT OF PHYSICAL STRENGTH

- Produces massage-like muscle-stretching effects in abdomen, shoulder, back, and leg areas, improves muscular strength, flushes muscle fatigue byproducts, and facilitates quick recovery after exercise
- Promotes faster recovery after endurance sports such as swimming, hiking, and marathons
- Relieves muscle pain in stiff shoulders, lower back, and upper body
- Reduces abdominal fat, improves digestion, and resolves complications such as constipation
- Relieves stress-type muscle and joint pain in lower body

17 ~ 20 Hz



EFFECTS

At 17 ~ 20 Hz, muscle contraction occurs mainly in the abdominal region (rectus abdominis and obliques), shoulder and back region (trapezius and deltoid muscle), and thigh region (quadriceps).

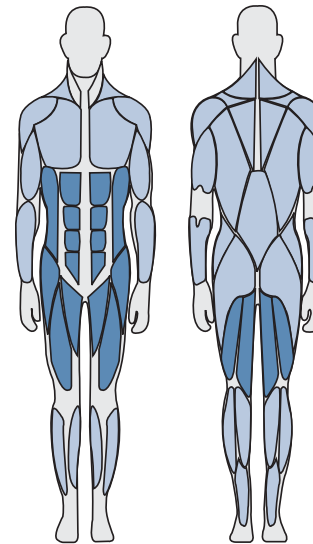
MUSCLE STRENGTH EFFECTS

This frequency produces a muscle training effect similar to that of weight training; in particular, Crunch, Sit Up, Knee Up, Shoulder Press, Lat Pull Down, Pull Up, Squat, Leg Extension, and Leg Press.

REHABILITATION AND IMPROVEMENT OF PHYSICAL STRENGTH

- Produces massage-like muscle-stretching effects in abdomen, shoulder, back, and leg areas
- Improves muscular strength removes muscle fatigue byproducts, and facilitates quick recovery after exercise
- Relieves neuralgia in abdominal, shoulder, back, and leg regions, and resolves complications
- Improves rehabilitation treatment of bones and joints

30 ~ 35 Hz



EFFECTS

At 30 ~ 35 Hz, muscle contraction occurs mainly on abdominal region (rectus abdominis and obliques), thigh region (quadriceps), and leg (soleus muscle, gastrocnemius muscle).

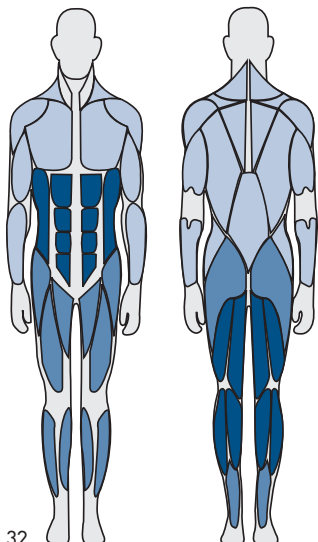
MUSCLE STRENGTH EFFECTS

This frequency produces a muscle training effect similar to that of weight training; in particular, Crunch, Sit Up, Knee Up, Squat, Leg extension, and Leg Press.

REHABILITATION AND IMPROVEMENT OF PHYSICAL STRENGTH

- Produces massage-like muscle-stretching effects in abdomen, shoulder, back, and leg areas
- Improves muscle strength, removes muscle fatigue byproducts, and facilitates quick recovery after exercise
- Relieves neuralgia in abdomen, shoulders, back, and legs
- Improves rehabilitation treatment of bones and joints
- Improves gastrointestinal functions

21 ~ 25 Hz



EFFECTS

At 21 ~ 25 Hertz, intense muscle contraction occurs mainly in thighs (quadriceps) and legs (soleus muscle), and mild muscle contraction occurs in the abdomen (rectus abdominis & obliques).

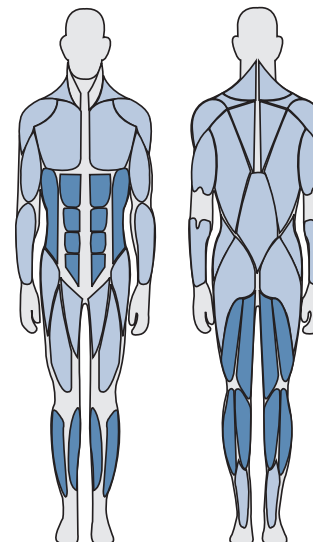
MUSCLE STRENGTH EFFECTS

This frequency produces a muscle training effect similar to that of weight training; in particular, Crunch, Sit Up, Knee Up, Squat, Leg Extension, and Leg Press.

REHABILITATION AND IMPROVEMENT OF PHYSICAL STRENGTH

- Produces massage-like muscle-stretching effects in abdomen, shoulder, back, and leg areas
- Improves muscle strength, removes muscle fatigue byproducts and facilitates quick recovery after exercise
- Relieves neuralgia in abdomen, shoulders, back, and legs
- Improves rehabilitation treatment of bones and joints
- Improves gastrointestinal functions

40 ~ 45 Hz



EFFECTS

At 40 ~ 45 Hz, intense muscle contractions occur mainly in the abdominal region (rectus abdominis & obliques), and mild contractions occur in the femoral region of the lower body.

MUSCLE STRENGTH EFFECTS

This frequency produces a muscle training effect similar to that of weight training; in particular, Crunch, Sit Up & Knee Up.

REHABILITATION AND IMPROVEMENT OF PHYSICAL STRENGTH

- Produces massage-like muscle-stretching effects in abdomen, shoulder, back, and leg areas
- Improves muscle strength, removes muscle fatigue byproducts, and facilitates quick recovery after exercise
- Relieves neuralgia in abdomen, shoulders, back, and legs
- Improves rehabilitation treatment of bones and joints
- Improves gastrointestinal functions

The following labels are for regulatory safety compliance.

Safety precautions are rated as either **Warning** or **Caution**.



Non-compliance with this label may lead to physical injury, accidents, or fire.



Non-compliance with this label may lead to injury or damage to the unit.

LABELS



Do not store or leave flammable substances on or near the unit.



Avoid sprinkling water or cleaning the unit with a wet sponge.

There is a possibility of damaging the electrical circuits, fire, or electrical shock.



Do not attempt to clean the surface of the unit using gasoline, thinner, benzene or chlorine.

Doing so could damage the paint finish and acrylic surfaces and void the cosmetic aspects of the warranty.



Always unplug the power cord before cleaning the unit.

This eliminates the danger of electric shock.



Clean the surface of the unit using a mild detergent with a slightly damp cloth and immediately follow with a clean, dry cloth.

Do not use wet sponges to clean the Control Panel.



Clean the surfaces of the product using proper cleaners suitable for that surface.

Wipe with a dry cloth after slightly damp towels have been used to clean the surfaces. Do not use a wet towel to clean the control panel.



Clean and dry product before storing for extended periods of time.

This will help prevent possible corrosion.



Warning



Compliance

This unit is designed to operate on 110 ~ 120 volts, AC current only.

The unit may become inoperative or damaged if used in places having different electrical voltages.



Compliance

Please make sure that the power cord does not get crushed by the back portion of trainer.

The power cord could be damaged which could lead to electric shock or fire.



Prohibited

Do not unplug the electrical cord with wet hands.

There is a danger of severe shock or electrocution when hands are wet.



Prohibited

Do not bend or twist the power cord or permit it to be crushed by heavy items.

A damaged electrical cord or plug could lead to fire or electrocution.



Prohibited

Avoid using a damaged power cord or plug.

Doing so could lead to fire or electric shock.



Compliance

Use the electrical outlet for the TurboSonic Trainer only.

Connecting other electrical devices to the same outlet could overload electrical circuits and cause the unit to be damaged by excessive heat.



Compliance

Check that power plug is clean before inserting in outlet.

A dirty connection could lead to fire.



Remove Power Plug

If this device should emit smoke or a burning odor, immediately shut off the unit and unplug the cord.

Overheating could lead to fire or electric shock.



Caution



Compliance

Use the correct voltage (110 ~ 120 volts, AC only) from a grounded, 3 prong outlet.

Other voltages may damage this unit and void the warranty. Consult Sonic Health Systems for other voltage requirements.



Prohibited

Do not install this device in damp areas.

Failure to comply will void warranty and may lead to severe electrical shock or electrocution. The unit may become corroded or damaged when used in damp areas, or exposed to wet conditions. Do not install this unit outside. Exposure to environmental conditions will void warranty and could severely damage the unit.



Prohibited

Do not install the product near water.

Do not install on a balcony or veranda. Exposure to water or moisture will void warranty and cause unit to malfunction.



Caution



Compliance

Provide at least 8 inches (20 cm) of space between the wall and the unit when installing.

Good air circulation is important to its proper operation.



Compliance

Install the unit on a solid, level surface.

Noise and vibration may be objectionable if the surface is not solid and level. Once in position, the unit should be leveled using the built-in levelers.



Compliance

Use dolly or carrier when moving unit.

The base unit is very heavy. Mishandling could cause severe damage or lead to injury.



Compliance

Disassemble the body from the base before moving or transporting the unit.

This will reduce risk of damage.



Warning



Compliance

Make sure unit is completely stopped before stepping off platform.

Press stop button before stepping off, if necessary.



Compliance

Press the Start button to activate unit.

Timer will stop the unit automatically by counting down from start time.



Compliance

We recommend that you unplug the electrical cord when the unit is not in use for a prolonged time.

This will prevent unnecessary leakage of electrical energy and could prolong the life of the unit.



Compliance

Do not run or jump in place on the platform plate when the unit is in use.

Failure to comply may damage the unit or cause bodily injury.



Ground

Do not attempt to open, repair, or modify the unit in any way.

Non-compliance will void the warranty and could damage the unit.



Prohibited

Do not stack items on the platform plate.

This may damage the device, or cause a malfunction.



Compliance

Elderly people and children should be accompanied by an adult when using this unit.

Failure to comply could result in physical injury.



Compliance

This device is designed to operate with only one person at a time.

Failure to comply could damage the unit or lead to injury.

Things to check before contacting the Customer Service Center...

PROBLEM	CAUSE	SOLUTION
Machine doesn't work	Power cord is not plugged in.	Plug power cord into outlet.
	In MANUAL mode Intensity (volume) is set to 0.	Set above "0."
	No one is standing on the plate.	Have someone stand on the plate.
	MP3 switch is On instead of Off.	Check MP3 switch located on back of machine near upper right side.
No light on the control panel	Power is off.	Check fuse.
	Power is on, but unit won't work.	Call Sonic Health Systems.
Excessive vibration or Excessive noise	The surface on which the unit rests is not solid.	Move to a solid surface.
	The unit is not level.	Adjust the levelers.
Machine stopped abruptly	More than one cord plugged into the same electrical outlet. May have blown fuse.	Check power source or check fuse. Use electrical outlet dedicated to this device only.

Your TurboSonic Vibration Therapy Trainer is warranted to be free of defects of manufacture or workmanship for a period of 5 years in accordance with a conditional warranty provided separately by Sonic Health Systems, Inc. See Warranty conditions for specific terms.

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TurboSonic®

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